

YMCA of BUCKS COUNTY | Fairless Hills
Group Exercise Schedule
July 2022

"We're here for you."

| DAYTIME CLASSES | | | | | | |
|--|--|---|--|---|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Spin Class Coming Soon!! 8:15-9:00 AM | Spin 6:00-6:45 AM Roe Studio 3 | Strength & Sculpt 8:15-9:00 AM Irene Studio 1 | Spin 6:00-6:45 AM Roe Studio 3 | Trim & Tone 6:00-6:45 AM Roe Studio 1 (Starting 5/13) | Aqua Zumba 8:00-8:45 AM Betsy Pool (starting 7/16) NEW CLASS ADDED! | Yoga 7:30-8:30 AM Jeanine Studio 2 |
| Aqua Aerobics 9:00-9:45 AM Sheri Pool (starting 7/11) | Aqua Aerobics 8:00-8:45 AM Carl Pool (starting 7/12) | Aqua Aerobics 9:00-9:45 AM Betsy Pool (starting 7/13) | Aqua Aerobics 8:00-8:45 AM Carl Pool (starting 7/14) | Bootcamp Class Coming Soon!! 8:15-9:00 AM | Spin 8:15-9:00 AM Lisa R Studio 3 | Zumba 9:00-9:45 AM Johana Studio 1 |
| SilverSneakers® Circuit 9:00-9:45 AM Roe Falls Township Senior Center | Low Impact Aerobics 8:15-9:00 AM Loretta Studio 1 | Spin 9:15-10:00 AM Irene Studio 3 | Aqua Interval 9:00-9:45 AM Carl Pool (starting 7/14) | Aqua Aerobics 9:00-9:45 AM Sheri Pool (starting 7/15) | Circuit 9:15-10:00 AM Betsy Studio 1 | |
| Strength & Sculpt 9:15-10:00 AM Lisa Studio 1 | Aqua Interval 9:00-9:45 AM Carl Pool (starting 7/12) | Zumba Gold 10:00-10:45 AM Betsy Studio 1 | Low Impact Aerobics 9:30-10:15 AM Loretta Studio 1 | Strength & Sculpt 9:15-10:00 AM Lisa Studio 1 | | |
| SilverSneakers® Classic 10:00-10:45 AM Roe Falls Township Senior Center | Circuit 9:30-10:15 AM Lisa Studio 1 | Silver Sneakers Yoga 11:00-11:45 AM Betsy Studio 1 | Yoga 9:30-10:30 AM Elda Studio 2 | SilverSneakers® Circuit 9:30-10:15 AM Loretta Falls Township Senior Center | | |
| SilverSneakers® Classic 10:30-11:15 AM Sheri Studio 1 | Barre Class Coming Soon!! 10:30-11:15 AM | | | SilverSneakers® Classic 10:30-11:15 AM Sheri Studio 1 | | |
| SilverSneakers® Classic 11:30-12:15 PM Sheri Studio 1 | | | | SilverSneakers® Classic 11:30-12:15 PM Sheri Studio 1 | | |
| EVENING CLASSES | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Spartan Training 6:00-6:45 PM Jamie Studio 1 | Yoga 5:30-6:30 PM Jeanine Studio 2 | Zumba 5:30-6:15 PM Leanne Studio 1 | Spartan Training 6:00-6:45 PM Jamie Studio 1 | | | |
| Zumba 6:00-6:45 PM Leanne Studio 2 | Circuit 5:30-6:15 PM Lisa Studio 1 | Strength & Sculpt 6:30-7:15 PM Kymberlee Studio 1 | Kickboxing 7:00-7:45 PM Jamie Studio 1 | | | |
| Kickboxing 7:00-7:45 PM Jamie Studio 1 | Spin 6:30-7:15 PM Lisa Studio 3 | | | | Fairless Hills Group Exercise Schedule Group exercise classes are included in your membership. | |
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | |

Highlighted items indicate a change in class format or time.

Please check ymcabucks.org for updates and visit us on the Y Wellness 24/7 virtual platform for our live Virtual Group Exercise classes and hundreds of on-demand video content!

Updated 7/12/22